

Kenji Lopez-Alt

Korean Michelada

Equal parts kochukaru, sumac, salt and sugar (about 1 tablespoon each)

1 lemon, juiced

Your favorite light lager

Fermented fresno chilis

1. Add the fermented fresno chilis and gochujang and lemon juice
2. Rim the glasses with the lemon juice and the kochukaru, sumac and sugar mix.
3. Add ice, pour in beer and mix it up as you drink it!

Kenji's Recipes- Kimchi Spaetzle-Bokki with Slow-Cooked Egg

Kimchi Spaetzle- Bokki with Slow-Cooked Egg

Serves 2

Eat Well With Ming: Did you know kimchi contains probiotics, the kind of bacteria that's good for your gut?

Allergy Free Note: peanut free, tree nut free, shellfish free, and fish free

Spaetzle Batter

2 eggs

2 cup of all-purpose flour

2 tablespoons minced chives

Kosher salt and freshly ground black pepper to taste

¼ cup of milk

Seoul-Kraut

2 cups kimchi/sauerkraut

2 cups mushroom broth

1 tablespoon Gochujang

¼ cup minced cilantro

¼ cup thinly sliced scallion greens

Toasted black sesame seeds for garnish

1. Mix flour, salt, pepper and chives together. Add in 2 eggs and whisk until the consistency is about the thickness of between a batter and dough. It should be thin enough to go through the grater holes. Add more milk if necessary (slightly thicker than a pancake batter)
2. Boil water and add salt so that the water tastes like sea water.
3. Make the spaetzle. Pour the batter through the spaetzle maker and drop into the boiling water. Let it cook, they will float when they are finished.

4. Create an ice bath so that you can pull the spaetzle out when they are finished. Once the spaetzle floats to the top, pull it out of the water and place in the ice bath to stop the cooking process. Drain and set aside.
5. Add kimchi/sauerkraut with the mushroom broth to hot sauté pan with 1 tablespoon gochujang.
6. Drain the spaetzle and add to the sauté pan with the kimchi.
7. Season with black pepper, allow it to reduce down.
8. Garnish with cilantro, scallion and black sesame/gochujang mix. Plate and top with sous vide egg and garnish with black sesame seeds, serve hot and enjoy!

Ming Tsai Recipe

Pork and Kimchi Scallion Pancake

Serves 4

Eat Well With Ming: Greens are packed with fiber, vitamins and minerals including vitamins A and K!

Allergy Free Note: shellfish free, fish free, peanut free and tree nut free

2 pounds ground pork

5 garlic cloves

2 tablespoons freshly minced ginger

2 cups loose leaf watercress

2 cups mixed greens

2 lemons

Hot water dough, prepped and set aside, recipe below

1 cup of Kenji's Seoul-Kraut (or store-bought kimchee or sauerkraut)

3 bunches scallions, whites and greens minced separated, 2 for pancakes, one for the pork

2 tablespoons freshly minced ginger

5 cloves garlic

1. Make the hot water dough. Set aside.
2. Add the pork to a hot wok. Add scallion whites, salt and freshly ground black pepper and mix in. Mix in the garlic and ginger. Cook until pork is thoroughly cooked through, about 5 minutes and set aside. Cool pork until its cool to the touch and room temp.
3. Cut the dough in half. Roll out one of the halves making sure that its well-floured. Drizzle a teaspoon sesame oil and grapeseed oil. Add half the scallions, half the kimchee and half the pork, press into the dough and from the bottom of the dough, roll the dough up. Twist gently and twist underneath itself. Flatten into a pancake and cook one on side until golden brown and delicious about 6-7 minutes. Flip and cook again, about 6-7 minutes.
4. In a bowl, add watercress, mixed greens, kimchee, lemon juice, salt, pepper, olive oil. Toss to combine.
5. Slice pancake and serve with salad.

Hot Water Dough

Makes 2 pounds

2 cups water

4 cups all-purpose flour

½ teaspoon kosher salt

1. To make the dough, bring the water to a boil. In a large stainless-steel bowl, combine the flour and salt. Slowly add the boiling water in ¼-cup increments, mixing with chopsticks until a ball is formed and the dough is no longer too hot to handle. All the water may not be needed.
2. Knead the dough on a floured work surface until it becomes smooth and elastic, 15 to 20 minutes. Form the dough into a ball, return it to the bowl, and cover it with a damp cloth. Allow the dough to rest for 1 hour.